FEATURES
Walden on Mental Health
Marin '25 speaks with David Walden after recent appearance on U.S. News panel **page 6**

ARTS & ENTERTAINMENT
The Bear Review
Gowda '23 discusses recent hit Hulu series, The Bear starring Jeremy Allen. **page 9**

SPORTS
Men's Football Spotlight
Hamilton College Men's Football looks to rebound after a challenging 2021 season. **page 12**

The Spectator

Thursday, Sept 15, 2022

Volume LXIV
Number II

Publishing the Truth, From Good Motives and For Justifiable Ends

Hamilton hires new VP of DEI Sean Bennett

by Nikki Greenberg '25
STAFF WRITER

PHOTO COURTESY OF HAMILTON COLLEGE

Sean Bennett is the Vice President for Diversity, Equity, and Inclusion, a new role at Hamilton.

What brought you to Hamilton? A convergence of things. I was most recently at Salem State University. I've been doing diversity work for more than the last 13 to 15 years. As you know, a lot happened in the country with COVID and the murder of George Floyd, so it's been a reflective moment for the country. It was personally a reflective moment for me as well. It's a reflective moment for this work, working in diversity, equity and inclusion (DEI). I saw that this was an inaugural position for Hamilton, so it was exciting to be a part of starting some of the more detailed work at a new place. That doesn't happen very often, where you get to come in, with all due respect to all of the work that people have been doing for a long time here, but to really start a new operation.

Can you share a little bit about your background and experience? Most people are a little surprised that I actually started my undergraduate degree in engineering. The student experience is really important to me because I was a really engaged student leader in that engineering experience. That's where a lot of the earliest diversity work has really started being done on campuses: student advocacy, student leadership and students engaging with faculty and administration around problem solving. I think at its core engineers are problem solvers. Over my career I started as an engineer, I worked at the Xerox Corporation, but I always did a lot of education volunteer work which eventually took me back to school, becoming an educator, getting my doctorate, working on college campuses. I just continue to be interested in how we make our campuses better and how they can be a better reflection of the country. Thinking like an engineer has always been sort of an asset; thinking about root causes, why our systems work, the way they work, what are things that we can do that are solution-oriented to really cut to some clarity and solutions. My first higher education job was at Clarkson University, then I went to the Rochester Institute of Technology. I was there for more than a decade before going over to Salem State University in Massachusetts and being their Vice President for Diversity and Community.

For those who might not know, what are the DEI initiatives, and how can students utilize their benefits? The first thing that comes to mind for me in my three weeks at Hamilton has been learning about the work student leaders, ambassadors and the director of the Days-Massolo Center have been doing on campus. But they're not the only ones. I think the creation of this office is an opportunity for Hamilton to bring together some work that people may have been doing in silence or obscurity or just not in a visual way. Clearly, the Days-Massolo Center is student facing, and there are trainings and programming and partnerships with student clubs and organizations on campus that I think can be really powerful. But there's other work that's being done on campus. There's an ALANA Caucus that faculty have created. There's work that's been done in our library and technology area to try and be more receptive and responsive and better stewards of diversity here on campus. There's the clear focus that we have in our admissions process, members of that team and that community have been doing a lot of work that I'm learning more and more about with regards to being accessible in the recruitment and the admissions process and the retention process for students. So I think the work is happening all over the place, and there are people that are really passionate about it. I think the creation of my role is an opportunity to make that work more visible and to enhance the connections between the different people on campus that have been doing the work but might have a way to maybe amplify it, do more of it and to do it better.

What do you think is the most important way for us to promote DEI? I think the first and most important thing is for us all to really think about what it means to us personally, what it means in our personal lives, like what does it mean to be uncomfortable? There's something about DEI work that is about our comfort zone. So, what are the things that we are doing, no matter who we are, no matter what our backgrounds are, to challenge ourselves, to do things and learn about people in an uncomfortable way that doesn't take for granted our answers that we've always known or that we've grown up with.

Story continued on page 2

I think that's a challenge that even I have as a person of color on this campus. Where are the spaces that I can go and I should go that I am going to feel a little bit uncomfortable? Because I think there's a tremendous amount of learning that happens in those places. So being open and not closed and being willing to sort of just challenge ourselves, I think that's the most important thing we can do.

Are there any changes you plan to implement at Hamilton now that you've started your position? I think it is still a work in progress, I'm a work in progress, our office is a work in progress. So in the spirit of a comment about discomfort, when you start a new office that's never existed before, it's the discomfort of trying to figure out how all the pieces fit together. I think my biggest challenge in the next month is to continue to sit down with people and...be really open minded and hear what people are doing. I feel I'm so new that to critique an area is almost being disrespectful to the work that people are doing there, so I'm really trying to take the time to learn what people are doing. What I've noticed in our weeks here, and one that I've heard a lot of student voice around, was the issue of accessibility. At this moment, I'm trying to absorb as much as I can around the way we think about accessibility as a campus. I think that's clearly an opportunity because it's something that people are feeling, a lot of people are always passionate about it. But there's a particular spotlight on it right now. So I'm trying to find out who I can partner with on campus to continue to be an ally, be a supporter of that work. I want to make sure that what I do, especially as a new person on campus, is not coming to be a critic, but to really come in and really take the time to understand why things work the way they work in order to really have an informed opinion about what we need to "fix" in the near future. I also have been following the conversations around retention of faculty and staff. I'm one of the new people on campus, but I joined a sea of new people on campus. How does that fit into sort of the national challenges of having vacancies? In my career, I don't ever remember a time in history—in my lived history—where there were more vacancies, more opportunities for people to move around, everything from public school bus drivers to restaurants and manufacturing. There's just a lot of holes. So where are the holes related to things we need to work on? Where are the holes that are related to sort of this larger national trend of having work short of a number of workers?

95 students volunteer for Make a Difference Day with HAVOC

PHOTO COURTESY OF LEAH BASEL '24

The womens' track and field team volunteers with Steve at Soper Commons to package food.

by Catherine Vogt '24
STAFF WRITER

Now that COVID-19 restrictions on campus have been eased, many organizations on campus have experienced revivals, including Community Outreach & Opportunity Project (COOP)'s Harvest Volunteering. Harvest Volunteering is a student-run organization that seeks to reduce food waste by packaging dining-hall food and sending the food to local organizations. This year's local organizations are the Rescue Mission and Hope House, both located in Utica. The COOP sponsored organization is currently led by three Environmental Studies students: Katie Rockford '24, Sarah Ahrens '24 and Anna Yankee '25.

The program was recently revamped by Rockford during the second half of last semester after a hiatus due to the COVID-19 pandemic. "As a current junior, I entered Hamilton in the midst of the pandemic when The Harvest was on a hiatus, but I had heard about the program from talking to upperclassmen and I knew it was one of the volunteering opportunities I really wanted to be a part of. I ended up getting in contact with Reuben Haag, the Bon Appetit general manager, and expressed my interest in restarting the program," Rockford stated. After recruiting both Ahrens and Yankee, the program was up and running.

Volunteers first started packing leftover food from McEwen and then moved their way to Commons as the program gained more volunteers. Each shift is 20 minutes long, but many volunteers chose to sign up for multiple shifts. During those first few weeks of the semester, Harvest Volunteering was able to salvage 1,794 pints of food.

Students have the opportunity to volunteer with Harvest Volunteering as an individual or with a team/group. In fact, the volunteer program has drawn students from all communities on campus, including the Women's Track and Field Team. Leah Basel '24 commented that "when COOP presented Harvest to the student body last semester, the Women's Track and Field team was immediately on board and excited at the opportunity to give back to the community. Each week, we had at least eight girls from the team show up to Commons to help package, weigh, and label food from the home station left over from that day. Knowing that the significant volume of food we packaged would have otherwise been wasted made this volunteer experience particularly rewarding. The team and I had such a great time getting to know the student managers and we are looking forward to giving back this semester."

Rockford remarked that, "as someone with a strong passion for sustainability, volunteering, and education, this program is a perfect opportunity to explore all three passions and give back to the local community."

If you are interested in learning more about the issue of food waste, Harvest Volunteering recommends visiting ReFED's website. Anyone interested in volunteering with Harvest Volunteering and COOP should reach out to outreach@hamilton.edu.

Students participate in Harvest Volunteering

by Raymond Ni '24
NEWS CONTRIBUTOR

In honor of Make a Difference Day, which is nationally celebrated on Oct. 22, on Saturday, Sept. 10, the Hamilton Association for Volunteering, Outreach and Charity (HAVOC) organized its first student-run outreach project of the semester and academic year.

From 10:30 a.m. to 2:30 p.m., approximately 95 student volunteers participated at seven different sites in Clinton and Utica. These sites included the Kirkland Town Park, the Upstate Cerebral Palsy Center (Utica campus), the Stone Presbyterian Church, the Dunham Public Library, The Children's Museum and the Chenango Canal.

Irena Chen '25, co-director of the event, detailed the process the team took to prepare for Make a Difference Day. "We usually have 50 sites we contact and less than half get back to us. Then, we have to order t-shirts, food, transportation and send out sign-up sheets for volunteers. All of that may not seem like a lot, but it surprisingly was very stressful because we really didn't have much time to do all of this. Make a Difference Day is always very early on in the semester when we haven't even had time to hire new e-board members to fill in the roles of the seniors who graduated," Chen explained.

Rhyme Zhou '26, volunteer and leader of the Kirkland Town Park group, detailed her first volunteer experience with HAVOC. "I was kind of nervous at first because I was scared that we were going to get lost in the park, but being a group leader gave me an opportunity to practice my communication skills," Zhou commented. "When the driver dropped us off in the morning, we were told to find the maintenance building, but we couldn't get into contact with the site coordinator at the park. Luckily after we wandered back to the entrance someone picked us up with a pickup truck. The ride was definitely one of the highs," Zhou recounted.

Sean Gebauer '25, a volunteer at the Chenango Canal site and member of the Hamilton Men's Lacrosse team, detailed his experience volunteering with his teammates at the site. "This experience was very meaningful to me because I really enjoy being able to give back to the community. In fact, I was especially happy to be assigned to the Chenango Canal because nature is something that I really love and I believe that everyone should have access to it, which we helped grant by cleaning up the trail. I really liked getting my hands dirty and getting a sweat going for a great cause," Gebauer said. He also took note of how the volunteer experience tightened his bond with his teammates. "It was also really nice to be out there doing this service with my teammates. I felt that this experience of working hard while getting involved in the community tightened our bond as a group and allowed us to have a good time while doing good," Gebauer said.

PHOTO BY DIANE VAN SLYKE

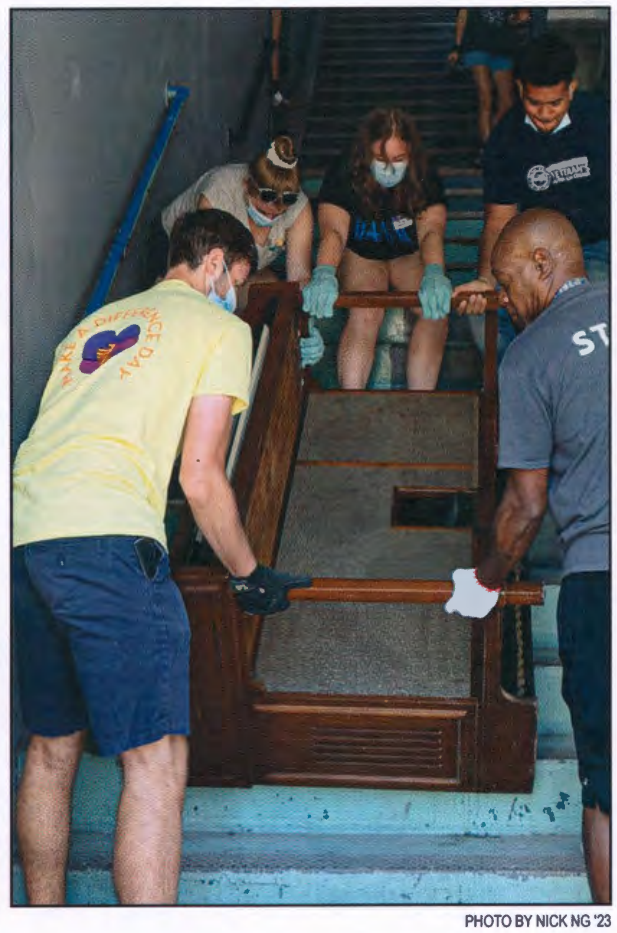

PHOTO BY NICK NG '23

Students volunteer along the Chenango Canal (left) and help CNY Veterans Outreach (right).

PHOTO BY RAYMOND NI '24

Hamilton students paint a wall in Kirkland Town Park during Make a Difference Day.

Chen further described Make a Difference Day as an opportunity to "encourage students to get off campus and gain a deeper understanding of [their] community" while also "[acting] as a bonding experience for first-year students." However, she noted the importance of continued volunteering for students who want to make a difference in the community.

Chen remarked that "single-service days like Make a Difference Day have a lot of students participate, but these really aren't the ones that make a large impact on our volunteer partners. Weekly outreach programs are what our community partners find most valuable, so having more of those programs is really HAVOC's goal this semester. Students usually like these weekly programs more too because they get to go to the same place regularly and develop relationships with the people there."

EDITORIAL

Sept 15, 2022

Dear Members of the Hamilton Community,

We at *The Spec* are excited to continue as well as expand upon our campus community coverage throughout the second semester of our 175th year of publication. We were delighted to have received many new applications for various positions within our staff, and we would like to extend special welcomes to Lena Klink '25, Huzair Latif '23 and Alex Kropaneva '25 who have recently joined our editorial board.

We are still looking for students interested in the role of adverstising manager, a position which enables students to uniquely enage with local businesses and operations, as well as students interested in joining our production editing team. If interested in these positions, please contact us at spec.hamilton.edu!

Catch our weekly issues of *The Spec* around popular campus locations such as Commons, McEwen, Diner, Kirner-Johnson (KJ), Christian Johnson (CJ) and Taylor Science Center (SCCT), as well as our articles published online at spec.hamilton.edu, and our social media content.

All the best,
The Spectator Staff

The Spectator

Editors-in-Chief
Cole Kuczek
Eric Moss

Managing Editors
Emma Swan
Surya Gowda

News Editors
Anoushka Aswin
Deanna Durben

Investigative Reporting Editors
Stella Karron
Ele Sorensen

Features Editors
Lena Klink

Opinion Editors
Matthew Collins
William Rampe

Sports Editors
Owen Lewis
Chris Harrison

A&E Editors
Lily Rizzoli
Max Bratter

Social Media Editors
Raymond Ni
Evelyn Wang

Production Editors
Huzair Latif
Alex Kropaneva

Corrections & Amplifications

Readers can alert *The Spectator* to any errors in articles by emailing spec@hamilton.edu.

The Spectator **is a publication of the Hamilton College Media Board. A volunteer staff of students handles all aspects of the weekly publication. The purpose of the newspaper is to provide the Hamilton Community with an honest, fair, timely and high-quality publication.**

Follow us!
Insta: @hcspectator
Twitter: @hcspectator

Visit us online!
spec.hamilton.edu

Celebrating 175 years,
we *were first published as* The Radiator *in 1847.*

The Spectator's Letter to the Editor section is designed to be a forum for the entire Hamilton community to discuss and debate campus, local, national, and global issues. Pieces published in the section express the opinion of the individual writers and are not necessarily the opinions of *The Spectator*, its editors or the Media Board.

Letters to the Editor are welcome from all students, alumni/ae, faculty, friends of the college, and Hamilton community members.

The Spectator has the following policies for submission:

1. Submissions are due by 10:00 p.m. on the Monday before publication. The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 500 words. The editors reserve the right to cut off letters at 500 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
5. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

About Us

The Hamilton College Spectator, *publication number USPS 612-840, is published weekly by the Hamilton College Student Media Board while classes are in session. For more information e-mail spec@hamilton.edu. Our offices are located on the second floor of the Sadove Student Center. The deadline for advertisements is Monday the week of publication. For further information, please e-mail specads@hamilton.edu.*

Sept 15, 2022

Professors' Reflection: Mikhail Gorbachev as the world and we knew him

by David W. Rivera and Sharon Rivera
Department of Government, Hamilton College

On August 30th, one of the great men of the twentieth century passed away at the age of 91. Mikhail Gorbachev, the last General Secretary of the Communist Party of the USSR, was both adored abroad and reviled at home. What is indisputable, however, is that his impact on the course of history was immense.

One of Gorbachev's most significant achievements was the flowering of political and individual liberties during his rule. Before he came to power in 1985, the democracy-monitoring organization Freedom House assigned the USSR its lowest possible scores for political rights and civil liberties. After the launch of his program of systemic reform, however, intellectual, political, and religious freedom blossomed (and the country's scores improved dramatically). He released political prisoners, and his policy of glasnost (which in practice equated to greatly expanded freedom of speech) became a word known worldwide.

Even more consequential was Gorbachev's genuine commitment to lifting the burden of militarism from the shoulders of Soviet citizens and establishing a lasting peace between the rival superpowers. Thanks to his reversals of policies that had been Soviet mainstays for decades, the arms race was curtailed, the Soviet Union withdrew its troops from Afghanistan, the Berlin Wall came down, and the Cold War came to end. Even though these outcomes meant that the liberal democratic world essentially won that war, Gorbachev did not reverse course in the face of that uncomfortable reality. Both the Nobel Peace Prize that he received and Time magazine's selection of him as its "man of the decade" were richly deserved.

By the time we arrived in Moscow in 1994 for what would be a multi-year stay, however, Mikhail Gorbachev had been out of power for over two years and his star had faded to a flicker. He was wildly unpopular for presiding over an economic crash and (by hardline communists and nationalists) for both the loss of great power status and allegedly "giving away" the empire. In short, the post-communist Russian political scene had absolutely no use for him. Indeed, when he vainly ran for president in 1996, he received less than one percent of the vote.

Shut out of power, all the former Soviet leader could do was head a small academic institution possessing a modest budget and facilities. The Gorbachev Foundation's academic seminars were poorly attended, but this provided a benefit to us since it meant that we were able to sit around a medium-sized conference table just a few feet from the former Soviet leader. Perhaps unsurprisingly, his comments at those events were frequently defensive. For instance, we remember him defending the Soviet withdrawal from Eastern Europe by saying: "I am regularly castigated for 'giving away Bulgaria,' 'giving away Hungary,' 'giving away Czechoslovakia,' etc. But to whom did I give them away? To the Bulgarians, to the Hungarians, and to the Czechs."

As scholars of Russia, we greatly miss Gorbachev on a personal level. In the Moscow of the mid-1990s, one of us could openly interview members of parliament and the federal bureaucracy, and the other could work as the founding director of a Harvard-affiliated research center that was dedicated to promoting ties and cooperation between Russian and American scholars. In fact, a core part of the center's mission was to distribute research grants to Russian scholars so that they would be less inclined to seek employment abroad. In the Russia of today, where one can go to jail merely for describing the current Russo-Ukrainian war as a "war," such activities would result in a Russian being labelled as a "foreign agent." In fact, in 2014, one of us was harassed by journalists working for state-run television just for teaching at a summer school. We are unsure whether we will ever be able to travel to Russia again.

Of course, Gorbachev was in no way a perfect leader. At his foundation's events, we often heard him often lament the dissolution of the USSR and, in particular, Ukraine's achievement of independent statehood. On the

PHOTO COURTESY OF ELSA/GETTY IMAGES

Professors Sharon Rivera (left) and David Rivera (right) pose for a picture in Moscow's Red Square in Feb. 1995.

one hand, his intuition that this outcome had opened up a "Pandora's box" that could one day lead to war has proven prescient. On the other hand, he mistakenly placed most of the "blame" for the dissolution of the Soviet Union not on the desire for independence on the part of the USSR's non-Russian nations, but rather on Russia's first post-communist president, Boris Yeltsin, who had actively sided with their strivings for greater sovereignty. With the benefit of hindsight, we can see that Yeltsin pursued the enlightened policy and Gorbachev, by being willing to use military force to deny those nations the right to self-determination, was on the wrong side of history.

Nevertheless, the treatment that Russian society gave him in the 1990s—and still affords him—is not deserved. His domestic reforms certainly did not succeed as intended, but the reality is that he moved his country along a path and toward an outcome that was unavoidable in the long- and even medium-run. Delaying the day of reckoning would have only made things worse. Moreover, as we all have vividly seen on our television screens since Russia launched its invasion of Ukraine in February, the world is still in need of peacemakers like Gorbachev. In fact, the citizens of both Russia and Ukraine would be far better off if Gorbachev were sitting in the Kremlin today.

PHOTO COURTESY OF THE GUARDIAN

The Soviet Union dissolved under the leadership of Mikhail Gorbachev, an occurrence which displaced Russia from their prominet position on the world stage, but one which was widely celebrated across the globe.

David Walden featured on U.S. News panel

by Billy Marin '25
STAFF WRITER

As institutions of higher learning emerge from the COVID-19 pandemic, they are confronted with another challenge: a mental health crisis. On Sept 8th, *U.S. News and World Reports* hosted a webinar called "Improving Mental Health on Campus: How Colleges Are Responding" that featured experts from a various backgrounds including Dr. David Walden, Director of the Counseling Center at Hamilton College.

The panel addressed the increase of students experiencing depression, anxiety and other mental health issues at colleges across the country. Mediator Michael Morella, a managing editor at *U.S. News*, said that since the pandemic "the demand for mental health services, support and staff on campuses has surged, and many say that it's at a crisis level."

Hamilton, like other colleges, has seen an increase in mental health concerns over the last five to seven years. Walden explained in an interview with *The Spectator* that, according to data from the "Healthy Minds Study," colleges nationwide have seen dramatic increases in the utilization of mental health services and the prevalence of mental health issues. He noted that rates of mental health issues at Hamilton have been comparatively lower than at peer schools. Walden thinks that "this speaks to the treatment focused services we are trying to provide and to just how committed our students are to their own growth." He clarified that the data "doesn't mean everyone is where they want to be, or that we are where we want to be, but it does mean that our community has done a lot of good work over the last several years."

Walden explained that since the pandemic, Hamilton has seen an increase in demand for on-campus counseling services. He said that initially, that increase was because of a desire for increased connection in a largely disconnected world. The Counseling Center "tried to be creative in response to the shifting set of needs and the shifting demand. We embraced virtual approaches to treatment, for example, as well as other unique kinds of offerings that were needed in the moment."

While Walden cited the Counseling Center's flexibility as a positive reaction to the pandemic, others on the panel pointed out that nationally, College Counseling is often not used equitably. Dr. Shawnté Elbert of Ohio State University noted that while there was positive ground made, "we didn't see the same shift in some of our Black, indigenous, and other students of color." Walden agreed that extending support to deprived communities is crucial for counselors. An example of that work is a "support specialist that works through various offices in our campus that are focused on specific populations. One example is the LGBTQIA+ support specialist on campus who can answer specific questions about that life journey."

Citing the "Healthy Minds Study," Walden said that Hamilton's utilization of mental health services is high compared to other institutions. This is not because of higher rates of mental health issues but rather "a function of two things: a very high percentage of our students are familiar with mental health services and we have incredibly low stigma around mental health." Hamilton's rates of stigma around mental health are half that of peer institutions. Walden thinks that "our higher demand [for mental health resources] is actually reflective of our student body — which seems, overall, much more open to talking about their mental health and much more comfortable with seeking help than what we see at other institutions."

Other panelists added to Walden's commentary on community-based counseling and collaboration. John MacPhee, CEO of the Jed Foundation, a non-profit dedicated to improving youth mental health and preventing suicide, emphasized that colleges are a positive example of community-based mental health care. He said that "this idea about connection is so important, and I think that the customization of care was really critical. That's how you ensure no individual students and unique circumstances are falling through the cracks."

While counseling centers have worked to respond to the chaos of increased demand, internal turmoil has presented further obstacles. Walden said that burnout rates for college counselors are high. Nationally, 70% of counseling centers have great difficulty filling open positions, leading to staffing challenges. He said that Hamilton's Counseling Center is fully staffed and well-resourced compared to peers. Walden said that he thinks "the biggest concern in my field is providing a meaningful and sustainable place to work for our providers. Without providers, every other concern about what counseling centers do with their services is moot." The answer to that concern is a workplace where "people can meaningfully use their skills, where they feel supported emotionally and structurally, and where they feel valued and seen."

Walden said that the pandemic offered a crucial perspective: it highlighted "what's fundamentally important. I think a lot of us had to face that in our own individual lives, and I think it helped with the field." He explained that this allowed counseling to ask questions like "what are we really wanting to do here with this field?" He thinks "that is something that's global and a crisis like the pandemic provides that opportunity to really tune into those questions like 'what do I really need? Who am I, really?'"

PHOTO COURTESY OF HAMILTON COLLEGE

David Walden, Director of the Counseling Center spoke at a U.S. News panel on the mental health crisis facing college counseling.

Be the match: reflection from an alum

by Stephanie Talaia-Murray
HAMILTON ALUM, CLASS OF 2017

**Be the match is on September 21st. Correspndence from author and donor and other images on website at spec.hamilton.edu.*

I was diagnosed with acute myeloid leukemia (AML), a particularly fast-growing and difficult-to-eradicate type of blood cancer, midway through the first semester of my senior year at Hamilton. Even before I started my first round of chemotherapy, I was told that my life depended on a stem cell transplant, and that those stem cells would likely come from a stranger who had registered with the Be the Match registry.

While I lay in a hospital bed in Rochester, confronting my mortality and existing through chemotherapy, a young nurse 1200 miles south of me received the call that she'd been matched to a young woman with leukemia, whose life would likely be saved by her stem cell donation. As you'll read in our correspondence below, "there was no moment of hesitation" for Christy when she received this call. Christy donated nearly a liter of stem cells on February 15, 2016, and I received that life-saving transfusion the following day.

Here I am, six and a half years later, alive, healthy, living in Seattle, tired and fulfilled from leading an eight-day-long backpacking trip on the Olympic Peninsula, slightly teary thinking about this time in my life, deeply and forever grateful to Christy, a second sister who is tied to me by stem cells if not genetics.

Christy and I started corresponding shortly after my transplant, though we had to remain anonymous for a year following the procedure, per Be the Match policies. You can read some of those snippets below. We hit it off immediately, a relationship founded upon the relatively sturdy bedrock of saving the other's life nourished by a natural compatibility that shines through in our letters. We still talk regularly, though we live just about as far from one another as you can in the contiguous United States.

I implore you to drop by the Be the Match Registry in Beinecke on the 21st. A couple questions and a cheek swab take but a moment, and I promise your professor or lunch date will forgive a few moments of tardiness when you tell them you were joining the registry. It isn't too unlikely that, like Christy, you might be called upon to save a life.

PHOTO BY STEPHANIE TALAIA-MURRAY

Hamilton Horoscopes: Sept. 15

by Mariam Saied '23
COLUMNIST

Aries

The planets are creating a perfect storm for you. It feels like you're on top of the world, and you're trying to find out what to do with your newfound energy. Remember to think before you overcommit and underdeliver. Gas up the people around you. Share the wealth.

Taurus

Venus is your ruling planet, and it's clashing with Mars right now. Sexual frustration moment! Things might feel completely out of your control, but you can take agency over your happiness. You know what brings you joy; seek it out! Manifest it! You got this.

Gemini

Neptune's positioning right now has you feeling sensitive. I know this isn't a natural feeling for you, but you're handling it beautifully! You're quickly finding many conflicts you want to address. Keep it up! It's helping you reach inner peace, but make sure to take other people's emotions into account.

Cancer

There's a lot going on in your head, and the best way for you to process it all is with silence and solitude. Don't spend all of your time by yourself; moderation is key! When you feel like hiding away, don't feel guilty about it. You know what you need.

Leo

The sun harmonizing with Pluto is giving you a lot of clarity. You're starting to notice repetition and cycles in your life. Don't let this freak you out! You can use this clarity in a positive way. Find the beauty in consistency. and pay attention to what you want to change.

Virgo

Venus is clashing with Mars in your sign right now, so try not to get swept up in chaos and passion. There's a lot of people gravitating towards you, and their voices are clouding things. When balancing it all, stay focused on your personal truths. You know you better than anyone else.

Libra

Mercury is in retrograde in your sign. You're looking for a fresh perspective on your desires. This retrograde will give you the clarity you need to make sense of your sexual and emotional needs. Take time to sit with yourself and organize your thoughts without any outside opinions. You don't need to explain yourself to anyone!

Scorpio

Don't let other people yuck your yum. You're full of passion and excitement right now, while the people around you may be dealing with inner turmoil. Find the motivation to sustain this peace. Telling other people that they'll be fine because you're doing fine only makes things worse. Live in the moment and stay out of other people's.

Sagittarius

You're used to being independent and full of energy. That may not be your reality right now, but that's a good thing, actually. Relationships will serve as a healthy motivation for you. Nurture them! When you're feeling confused and tired, remember that it's okay to take a second to rest.

Capricorn

Pluto's harmonizing with the Sun is throwing you for a loop. You may want to keep things hidden, even from yourself. You need to sit with your experiences to learn from them, especially as Pluto brings out new parts of you. Let people in, and own this transformative moment!

Aquarius

You're making a whole lot of new connections which is awesome, unless you refuse to open up. Surface level relationships do nothing for you. You need depth or you get bored. It's time to trust people and communicate.

Pisces

You're already very sensitive, and the sun facing off with Neptune isn't helping right now. You're extremely perceptive, especially to the energies of those around you. Don't let others sweep you up in their troubles. You've got enough going on!

Top 10 study spaces on campus, part 2

by Tristan Sollecito '24
STAFF WRITER

There is no time to waste. In case you missed part one from last semester, here is a summary of what I wrote last time (with the addition of letter grades). The honorable mentions are: CJ, Third Floor, Nook Outside QSR Center (**D+**); Library, Third Floor, Balcony (**F**); KJ, Atrium (**C-**). The scores for spots 10-8 are as follows: Commons, South Side Balcony (C); Library, Second Floor, Group Tables (**C+**); Alumni Gym, Lobby (**B-**).

I trailed off in the first section—leaving you all with the tantalizing words "to be continued"—so for those who have been anxiously awaiting the second act, it is finally upon us…

7. Science Center, Atrium

If one were to make assessments on aesthetics alone, there would simply be no argument against this one at the top. It really is a beautiful place to study. The trees give you a natural feel, albeit one protected from the harsh winters of Clinton, NY. The spacious lobby of the Science Center is quiet and comfortable, often sneakily conducive to tuning out distractions and planting oneself down for a longer assignment. Where it falls short is in the practicality department. The lack of tables is a backbreaker; not only does this limit the type of work you can do, but group work is completely out of the question as well. **B**

6. KTSA, Lawn

I take back what I said about aesthetics. I meant no disrespect to KTSA lawn, which, on a good day, could make a run at the Science Center atrium. It would be difficult to rank it much higher—especially given that it is only available about 3 months of the year—but in its prime, it is undoubtedly the optimal outdoor option. The lawn is uncommonly quiet for such a central location, and it provides a great balance of accommodation for both homework and alternative discussion. It feels like a more authentic Science Center lobby to me, since it also lacks the proper infrastructure for many traditional assignments. It is far from perfect, but when the birds are chirping, the pond flows and a light breeze tickles the grass, it certainly offers a bevy of advantages. Grade: **B**

5. KTSA, Second Floor, Tables Next to the Balcony

In a certain paradoxical way, a lot of people opt for KTSA because nobody goes there. It is the Fritos of study spaces; everyone who has had the pleasure of experiencing its wonders knows of the fruit it can bear, but many sadly fail to embark on the journey. If you are looking for quiet there, quiet you will find. A very work-friendly environment, I find KTSA to be a great choice when complete focus is required. However, despite an exquisite view overlooking the lawn, the vibes at KTSA leave a bit to be desired. The silence can feel oppressive at times; at night, it would not be a bad place to set a horror movie. It is a top-five option for sure, but it lacks the versatility of some of my preferred options. Grade: **B+**

4. KJ, Study Rooms

You all knew it was coming. I expect many of you are surprised not to see it higher, as the versatility of these study rooms is off the charts. The balance between group work capabilities and solo intent focus is impressive. Do not underestimate the location either. With a dining hall within a 30 second walk, vending machines even closer and a direct path to a professor to answer any questions for Economics and Government students, it really does check all of the boxes for a study space. So why do I not place it higher? We have seen some spaces with high grades in aesthetics and the indescribable quality of 'vibe' lower on this list. Few can match the practicality of the KJ Study Rooms, but the top 3 have a more complete profile, a balance between the two. Grade: **A-**

3. Science Center, Basement, Circular Tables

The Science Center is my favorite building on campus and the basement offers a unique place to study that has a lot to offer. Strong in just about every regard, it has a fantastic balance of a quiet, comfy environment without the feeling of being detached from the rest of the world. Some of the library spaces or the nooks of KJ often feel as if everyone else is on Thanksgiving break, but you are stuck with your research paper all by yourself. What it really lacks is a private quality; the space is too big to offer an environment conducive to total laser-focus on one's work. Like I said, strong in just about every area—location, amenities, environment—but it also could be just a touch better in all of the above. Grade: **A-**

2. Science Center, Study Rooms

You could make an argument for these being number one, you really could. There is a good reason that you have to scope the area early on a Saturday morning to snag one of the corner study rooms, an effort often not even worth the attempt during peak hours. Few study spaces on campus offer elite capacity for both solo and group work, yet these study rooms may just provide the best in both of those departments. I hardly need to detail what we all know: that for whatever project we may be presented with, the Science Center study rooms will get the job done and more. There is one glaring shortcoming, however: amenities. It is far from a "come-and-go" type of space; you pretty much have to park yourself down for the duration of your study session, and even the walk to the bathroom can feel like an adventure. Grade: **A**

1. KJ, Second Floor, Lone Table Down the Hall

I have taken a fair bit of heat in my time here with the Opinion Section and, although I do not anticipate this take eclipsing the Fritos fiasco, I suspect it comes as a surprise to many of you to see this one at the top. It simply offers the most balance of any study space on campus. The one singular table buried down the hall next to the offices is quiet, comfortable and conducive to all areas of study, and adequate for working alone or with others. The available amenities are off the charts, with water fountains at every turn, vending machines downstairs and much more. I fear I may be giving away a valuable secret, but that lone table is difficult to beat. Feel free to ignore my insight, but this is definitively the best all-around study space at Hamilton College. Grade: **A+**

PHOTO COURTESY OF MATTHEW COLLINS

The lawn outside KTSA is an accessible and picturesque study space.

Sept 15, 2022

Hulu's hit *The Bear*: the absolute antithesis of comfort television

by Surya Gowda'23
MANAGING EDITOR

With a whopping 100% on Rotten Tomatoes, the Hulu comedy-drama *The Bear* by Christopher Storer, notable for *Ramy* and *Eighth Grade*, has taken over screens with its fast-paced narrative of behind-the-scenes action of a family-run Chicago restaurant. Viewers are almost literally thrown into the action of the kitchen of The Original Beef of Chicagoland, where we meet award-winning chef Carmen 'Carmy' Berzatto, played by Jeremy Allan White, notable for his long stint on Shameless as the troubled but genius Lip, attempting to commandeer a kitchen of cooks and dishwashers. Because his brother commits suicide and leaves him the resturant, Carmy must leave his position at the number-one restaurant in the world to run this family restaurant, in spite of all of the politics and trauma it holds.

The first episode begins with no introduction or context. Instead, we are thrust headfirst into the chaos behind the closed double doors of the kitchen. As we watch the unruly food prep unfold and experience the kitchen arguments, we are introduced to ambitious new sous chef Sydney Adamu, played by the comedian/writer Ayo Edebiri. She has an awkward sense of humor, leading viewers to wonder when she is making a joke or merely snapping back. In a show where there are few likable characters, Sydney makes herself endearing through her slights at Carmy and her work ethic in the kitchen. She ultimately proves to be a necessary addition to the lineup, without whom The Original Beef would fall apart.

Throughout the show, viewers have the comfort of seeing the same characters even though every episode seemingly begins and ends disconnected from the one before. Each episode almost feels like you just walked into your friend's house and their parents are fighting, except you are unsure if you should leave or just watch. The show brings together the high-functioning and traumatized Carmy, the determined and driven Sydney, the hard-working and inspired baker Marcus, the quick-tongued and stubborn Tina, the mellow and grounded Ebraheim and the offensive and disorganized Richie, more commonly referred to as "Cousin." Somehow, despite all of these strong personalities, it works.

Behind the scenes, the cast was trained by real chefs so they could accurately portray their roles, learning now to create the show's viral family meal spaghetti and the Chicago-style Italian beef sandwich. Every episode has real food being prepared, so through the stressful experience of getting through the show, your appetite can be quenched. But unlike any restaurant have ever been to, there is a gun fired in one episode and another where Richie is stabbed in the butt.

Unlike other chef-focused television shows, *The Bear* focuses on the failures of masculinity in male-dominated fields. *The Atlantic* poses the question of whether "the show's larger philosophical concern is whether this universe will ultimately turn out to be Richie's or Sydney's to claim." Richie upholds the toxic male stereotypes that The Original Beef carry, with videogames named Ballbreaker and kitchen language that is demeaning. Sydney plays his opposite, a powerful young woman who understands how to handle conflict through food instead of violence and run the restaurant with order.

PHOTO COURTESY OF HITC.COM

Carmy's life is turned upside down when he inherits a failing resturant.

The series overall theme encompasses the impact of suicide and the trauma it leaves behind. We get a look into Carmy's own psyche–from him sleep-fire starting to attending his first Al-Anon group meeting. It's heartbreaking to watch Carmy put himself in his brother's shoes in an attempt to figure out what led to Mikey to take his life. The show is heavy and makes you feel a lot. Sometimes it makes you feel too much and can be hard to watch, but the beauty of it is the pain the characters feel and how through their hard shells, they are all carrying the same weight on their shoulders. While watching there were moments when one just wants them to all sit in a circle and cry together. It feels like that would have made things move more smoothly somehow.

The finale, which has been acclaimed for White's seven minute monologue, exposes all the things going on in Carmy's head after his brother's death. Stepping outside the kitchen we see Carmy in a Al-Anon meeting, finally taking the spotlight and vocalizing the pain, the frustration, and the hope he feels and has felt. You learn the most about the mysterious Mikey as Carmy discusses their rocky and tumultuous relationship and the guilt he has carried from his absence. It feels almost magical and surreal, as if through so much ambiguity, we finally can visualize a relationship. That doesn't mean the show ends with all the answers. Though the saturation is lifted in the final episode, Carmy's turmoil and pain still remain. We feel some relief from his confession but are still weighed down by all of the unknowns left.

What makes *The Bear* different from, other series out right now is how it is the absolute antithesis of comfort television. From the traditional kitchen commands such as "Yes Chef"and "Heard", the course language and the fast paced chaos the show manages to encompass, it makes you feel like you accidentally walked to the back of a restaurant. The show never has a second of peace, as there is so much yelling, grief, dry jokes, violence, and an eerie filter that makes the skin crawl. But that's why the show is so successful. It does not act the way you want or expect it to. As *The Rolling Stone* describes it, *The Bear* "is the most stressful thing on TV right now" but "it's also great". The show seems to echo Anthony Bourdain's *Kitchen Confidential*, which is perhaps why it is so popular. It paints an honest, raw, and unforgiving picture of the restaurant business. Viewers can feel the discomfort and stress emanating from the actors when things go wrong, because let's face it: in a kitchen, they often do.

CAB presents: Laura Elliot—a heart full of soul

by Carly West '25
STAFF WRITER

In the dim lighting of the Events Barn, filled with buzzing students, Laura Elliott took the stage with her guitar in hand and a small smile on her face. The twenty-two year old singer-songwriter exhibited poise, making herself comfortable on the stool, adjusting to the bright stage lights, and taking a deep breath. Once she was settled, Elliott was one with the audience. Any nerves or fears she had were channeled into her dialogue with the crowd. She expressed her concerns about her outfit choice for the night, a pair of camouflage pants matched with a pair of camouflage crocs. "I put a poll on my Instagram earlier asking my friends if it was okay to wear camo pants with camo crocs," she said. "But then I was like, who cares what I wear—I like camo." The venue united in laughter, and before you knew it, it was as though Elliott had known the crowd for years.

Elliott launched into the first two songs of her set, both originals. Her guitar and her sound radiated throughout the barn, the notes and the chords flowing smoothly into one another. Her body and her guitar appeared to move as one. When Elliott kept her sound reserved, her fingers would gently pluck the strings and her body would come to a standstill, but when she added more force to her voice, Elliott would strum with more aggression; her head thumping with every downwards movement. You could feel the sheer emotion of her passion for music within her voice and actions. It was as though Elliott was trusting her life and her past experiences with the crowd.

Of the songs that Elliott performed, there was a common theme of navigating relationships and finding one's identity that is pertinent to the various interpersonal struggles that an individual goes through. Each of Elliott's songs took on the form of a singular emotion that fed into her collective themes. For example, Elliott's song "Stages" represents the feeling of insecurity, where she sings about going through the cycle of a relationship. As she travels through the beginning stages of meeting someone through grappling with the end of a relationship, she puts the thoughts of her character into the words of the song. In the beginning of the song, she asks what her partner sees in her, as though she is not worthy of their attention. Then, as it transitions to the end of the song, she puts the blame on herself for her inability to fix what was broken in their relationship. Her song "Grinding My Teeth" focuses on the anger of watching someone you love move on. There is power in the way she mentions the pain of knowing someone so well and watching them try to fall in love again through the lyric "you've been waiting on someone who might never show up," implying that their idea of love is unreasonable after losing someone who truly is the love of their life. Elliott also focuses on the feeling of pining for love in one of her most popular songs "Blue," which takes on the perspective of a hopeless romantic praying that the person they like will notice them. The infectious nature of the song's structure distracts from the hope that the individual is slowly losing, coming to believe that they will always love the person "from afar," unrequited and unnoticed.

Upon the first time listening to Laura Elliott, it is incredible to feel how her sound travels with you and how the lyrics resonate with the audience. She opens her heart to those that she doesn't even know, showing them how it is alright to feel the way you feel—and that you are not alone in it. In fact, she invites them to voice their feelings because her connection to the audience is what fuels her passion on stage. She invited the audience to sing along with her to an acoustic performance of "Mr. Brightside," where in the dim lighting of the barn, she strummed her guitar, took in the sound of the audience and sang along with the audience from the top of her lungs with a proud smile on her face. It was as though in only an hour, Laura Elliott had touched their souls and their hearts, forging a sense of closeness and acceptance. Leaving the Barn after the show, it was evident that everyone wished that they had known Laura Elliot sooner.

Laura Elliott's music, including her new album *People Pleaser*, can be found across various streaming platforms.

PHOTO COURTESY OF ONES TO WATCH

Laura Elliot's music has gained popularity for her indie-acoustic style.

Sept 15, 2022

The sun sets on a glorious U.S. Open

by Owen Lewis '24
SPORTS EDITOR

The U.S. Open, logically, should be a lame tournament. By the time it rolls around, the globetrotting tennis tour is seven months into the calendar. Players are mentally and physically wrecked from playing on Australian hard courts, Parisian clay and English grass with precious few breaks between tournaments. By the U.S. Open, injuries tend to pile up. Notable players on the men's and women's tour frequently miss out on winning the tournament through injury, a shock upset or sheer accumulated fatigue. It is the major tournament that an interloper has the best chance of winning.

And yet, this year, the spoils belong to Iga Świątek and Carlos Alcaraz, both of whom look set to dominate their respective tours for seasons to come. Świątek, at just 21, has now won two major titles this year—Roland-Garros, a tournament played on clay courts that Świątek has taken to as naturally as a fish to water, and now the U.S. Open on a less favorable cement surface. The latter is likely the more impressive and the scarier to her rivals: at no point this tournament was Świątek at her imperious best, but she won the title regardless, beating fellow top-ten players Aryna Sabalenka and Ons Jabeur along the way. She has been ranked number one in the world since early April, and her canyon-sized lead in the WTA rankings (she is 5275 points ahead of #2 Jabeur; winning a major is worth 2000 points) indicates that her reign will persist for a while yet.

Alcaraz is even younger than Świątek at 19, and with the men's tour under the long rule of Novak Djokovic, Rafael Nadal,and Roger Federer, it's been increasingly difficult for young players to break out in recent years. Mastery of the best-of-five-sets format, both physically and mentally, is not something one tends to stumble upon in their teenage years. The amount of active major winners on the men's tour under the age of 30 has plummeted viciously in the 2010s. But Alcaraz is different, in possession of a steely mind and tireless legs, and he won three consecutive five-set matches—battles that averaged more than four hours in length and topped out at a terrifying five hours, 15 minutes. He then had enough in the tank to edge Casper Ruud in a tight four-set final. With the win, he is now the world number one, the youngest man ever to hold that honor. The timing of his arrival threatens players in their mid-twenties—with Djokovic and Nadal still around, it is hard enough to win a major title. Alcaraz makes it even tougher. He is the youngest player in the top 50; he will be around for a very long time.

PHOTO COURESY OF USOPEN.COM

At just 19 years old, new world number one Carlos Alcaraz's U.S. Open victory appears to be the first major title of many.

The main story of this tournament, though, was Serena Williams. Having announced through a *Vogue* article pre-tournament that she was moving away from tennis—"evolving," as she put it—anticipation for the U.S. Open was at a fever pitch. Attendance figures were through the roof. Williams's run stoked the fans' enthusiasm; in her second match, she beat world number two Anett Kontaveit. She is a 23-time major champion. Steffi Graf, who held the record for most major titles in the Open Era before Williams, retired at 30. Williams will turn 41 later this month. That she could still beat top-ranked players was at once astonishing and unsurprising. No tennis player has touched as glorious a peak as Williams, who has revolutionized the game on and off the court, but the idea of a 40-year-old outhitting and outracing someone barely half her age still bent logic.

Even the way Williams' run ended was incredible. In the third round against Ajla Tomljanovic, after a fierce push to even the match from a set down, Williams found herself out of gas in the third set. Her serve, the best in the history of the women's game, abandoned her as Tomljanovic broke her three times in the third set. Down 5-1, Williams's fate was sealed. Yet as Tomljanovic served for the match, Williams dug in. She saved a match point by dismissively crushing her opponent's serve for a winner. The game turned into an epic struggle. The greatest tennis players in history are at their best when the pressure is at its highest, and with Williams's career in its final moments, she hit several splendid shots that were a searing reminder of her legendary status, despite being long past her best years. Tomljanovic was finally able to get over the line on her sixth match point. Recognizing the weight of the moment, she gracefully allowed Williams to acknowledge the crowd (a gesture usually reserved for whoever wins a match) and paid tribute to the great champion in her post-match interview.

Williams did as well as can be expected in her own post-match comments; summarizing a career like hers is about as easy as picking a single page to sum up *Lord of the Rings*. She was not without a tinge of regret. She did not play for the first half of 2022. It takes tennis players a while to find their best level—or even a good one—after a long layoff. There is no substitute for the rigor of match play. Williams had made unbelievable strides in mere weeks. "I should have started sooner this year!" Williams said. A comeback is unlikely; she has proven everything a tennis player and person can many times over and her business ventures and family will surely keep her busy, but greatness like hers makes it impossible not to wonder.

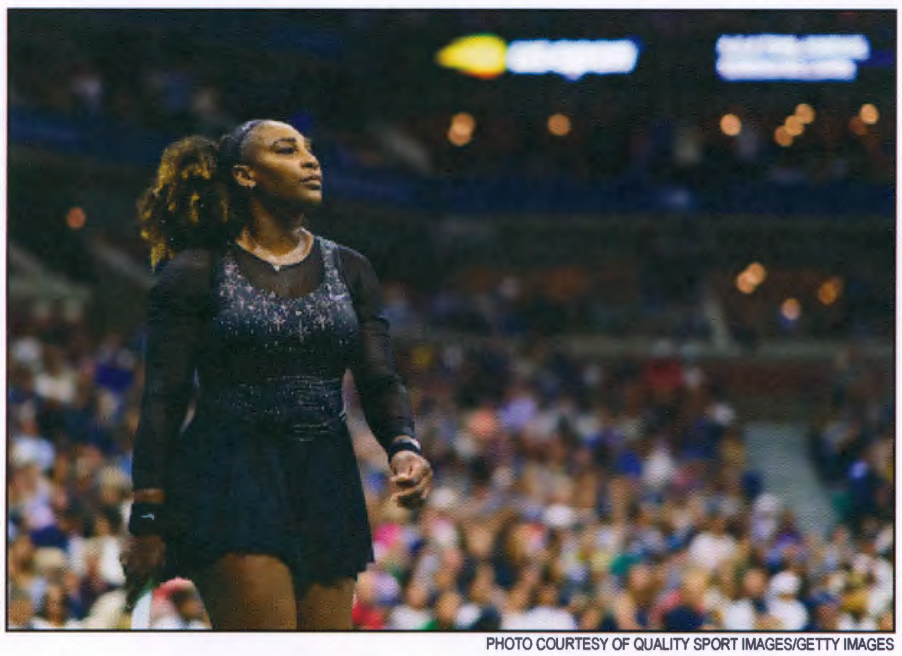

PHOTO COURTESY OF QUALITY SPORT IMAGES/GETTY IMAGES

Serena Williams has left the door open for a return, but indicated that her storied career, likely the best of all time, has come to an end.

Team spotlight: Hamilton football looks to bounce back after a difficult season

by Chris Harrison '23
SPORTS EDITOR

Football is back! While most of the nation has been focusing on the return of NFL games to their Sundays, this September also marks the return of the Hamilton College Continentals to the gridiron. The squad looks to improve from a 2-7 season last year, and there are reasons to think this season will be more successful. Though the team struggled at times last season, some of their losses were quite close. With the season opener against Bowdoin College coming up, a team the Continentals beat 16-7 during last year's season, the squad seems primed for a strong start to their fall campaign.

The Continentals' season begins with an away game at Bowdoin, followed by clashes at home on Steuben Field against Amherst and Wesleyan. The season is nine games in all, with a week between each game. Football is a grueling, physically demanding sport in more ways than one. Not only is the athletic demand high, but helmet-to-helmet clashes can frequently result in head injuries. In 2009, Jean Marie Laskas wrote an article for *GQ Magazine* called "Game Brain," which was the impetus for the 2015 film *Concussion*. Both pieces went into the danger in football, highlighting former professional players whose lives had been derailed by brain damage.

Of six all-NESCAC players from last year's roster, four are returning this year, who will act as a beacon of experience for the rest of the team. At the same time, there are 19 freshmen on the 99-man roster, adding a rich vein of new blood to this year's squad. Football requires a massive reserve of players. Teams have 22 starters on just offense and defense alone, not to mention the special teams—players on the field during kicking and punting play—which often requires fresh legs. Considering the physical nature of the game, it behooves teams to have backups.

Despite the losing record last year, the team hit some impressive highs. Quarterback Joe Cairns '25 passed for 293 yards and three touchdown passes in a win over Colby on Oct. 2, 2021, and as a sophomore, there is much time for improvement. Matt Banbury '23 is also up for the role of starting quarterback. He played in six of the nine games last season, throwing a stunning 60-yard touchdown pass against Middlebury. George Johnson '23 will be a force on defense, having racked up 13 tackles against Williams last season.

PHOTO BY JOSH MCKEE

Kamau Hopewell runs the ball against Colby during a win last season. The Continentals racked up 27 points in a great second quarter.

PHOTO BY JOSH MCKEE

In the 2021 season opener, Hamilton's defense was in fine form, limiting Bowdoin to a mere seven points in total.

Still, the team will be aiming to improve on last season's showing. Hamilton's offense struggled last year, scoring 14.2 points per contest. They were plagued with low yardage output, averaging 4.9 yards per play and only 2.7 yards per rush. Due to the lack of consistent production the team was forced to punt 43 times throughout the year. Hamilton scored 16 offensive touchdowns throughout the season, 10 rushing and six passing. The offense also struggled to convert in the red zone, scoring 11 touchdowns on 23 tries. One of the bright spots of the team was good ball security among running backs and receivers. The Continentals fumbled the ball only seven times last year, losing four, while their defense forced eight fumbles, recovering six. That said, with quarterbacks Banbury '23 and Cairns '25getting another year of experience under their belt the team looks to improve their offensive attack. Banbury was particularly efficient last year, completing 57% of his passes and averaging 7.6 yards per attempt. The offensive line will also be buoyed by the senior Center Ethan DiRienzo '23, who was on the all-NESCAC second team offense last season. DiRienzo and the rest of the offensive line should pave the way for the offense to improve production this year.

The defense also struggled a bit last year, allowing an average of 25.1 points per game. They allowed 404.8 yards per game, an average of 6.1 yards per play and 29 touchdowns to opposing offenses. They were particularly vulnerable to the passing game, allowing 246 yards per game through the air on 8.4 yards per attempt. They also allowed 19 passing touchdowns while notching seven interceptions. The Continental's defense fared slightly better against the run allowing 158.8 yards per game on 4.3 yards per carry while allowing 10 touchdowns to be scored on the ground. A bright spot for the defense was solid red zone defense, stopping opponents from scoring touchdowns on 18 of their 39 trips inside the 20. To bolster the defense for next season, Christian Snell '23 returns after a second team all-NESCAC campaign last year at the cornerback spot. The team also enjoyed stellar special teams play, especially from second team all-NESCAC selections Tighe Hoey '25 and Salah Eltayeb '24. Hoey consistently bombed the ball from his punter spot, notching two punts of over 50 yards. Eltayeb showed off his speed and elusiveness on a 95 yard kick return against Bates, Hamilton's longest scoring play of the season. Both players, along with the rest of the Continentals squad look to improve off last season and make this year's squad a contender.